

Pos	Name	Club	Cat	Time
1	Sam Stead	Keswick AC	M	00:59:27
2	Alan Bowness	Ellenborough AC	MV50	01:05:27
3	Alex Roberts	Ellenborough AC	M	01:06:42
4	Marc Penn	Keswick AC	MV40	01:07:26
5	Mark Fussell	CFR	M	01:08:22
6	Matthew Alexio	CFR	M	01:08:54
7	Mark Blackwell	West Cumbria Tri	MV40	01:09:10
8	David McCabe	Trawden AC	MV40	01:10:35
9	Sean Pollen	CFR	M	01:10:55
10	Andy Wrigley	CFR	MV40	01:11:52
11	Neil Atkinson	CFR	MV40	01:13:53
12	Rob Oliver	CFR	MV40	01:14:18
13	Mike Harrison	CFR	MV40	01:14:50
14	Bill Williamson	CFR	MV50	01:15:55
15	Chris Turner	CFR	M	01:17:12
16	Wayne Rayson	U/A	M	01:19:22
17	John Walker	Tri Lakeland	MV50	01:19:29
18	Michael Robinson	CFR	MV40	01:24:08
19	Simon Richardson	U/A	MV40	01:24:16
20	Stephanie Shaw	Cumberland AC	F	01:30:31
21	Alasdair Morgan	U/A	MV40	01:34:21
22	Nick Moore	CFR	MV50	01:34:40
23	Jonathan Bailey	Black Coombe Runners	MV40	01:40:46
24	Andy Smith	Helsby RC	MV50	01:45:01